

OSS Advisory Newsletter

SC Disability Voting Coalition

SC Disability Voting Coalition

Is a non-partisan coalition dedicated to increasing the numbers of people with disabilities who vote through voter education and improved access to the voting process.



People with disabilities.....

- Have the right to vote in elections independently or with help.
- They can select who they want to assist.
- Have the right to vote privately and in the same manner as any voter.
- Should be treated with dignity and respect in all aspects of the voting process.

Registered voters cannot be denied the right to vote solely on the basis of a physical or mental disability.

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WEBTOOL AND REMITTANCE ADVICES

Please be sure to print copies of your remittance advice each month. The webtool only holds the last 26 weeks of information. Having this information pulled and printed by the

September 1, 2012

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Who is Eligible to Vote?



*Voting is one of the most
important rights
we all have as Americans*

Who is Eligible to Vote?

- A United States citizen
- 18 years of age or older on or before election day
- A resident of the state, county, and precinct at the address you give on the application

Registering to Vote

- In person
- By mail
- Electronically (www.scvotes.org)
- At a DMV or other motor voter entity [DSS, DDSN, DMH, DHEC, Voc. Rehab, Commission for the Blind, P&A, DAODAS]
- Voter registration applications must be received at least 30 days prior to an election.



OCTOBER 6, 2012

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Questions About Voter Registration and the Voting Process

Questions? Training? Contact P&A

3710 Landmark Drive, Suite 208 Co-
lumbia, SC 29204

803-782-0639

1-866-275-7273 (Toll-free)

1-866-232-4525 (TTY)

Info@pandasc.org (Email)

www.pandasc.org



PROVIDER SERVICE CENTER

PSC will accept calls from all providers requiring assistance with the following:

- Provider Enrollment
- Electronic Data Interchange (EDI) support
- Filing claims via the Web Tool
- Nursing Home, OSS and Hospice room and board questions.

Providers can contact the PSC via the toll-free number :

TOLL-FREE 1-888-289-0709

Option 3

07:30AM to 05:00PM Monday through Friday.

2012 Cost of Living Allowance (COLA) increase.

The SSI Federal Payment Standard will be raised by 3.6% - from \$674 to \$698 for 2012 - a \$24 increase from 2011.

In 2012, \$2 of this increase will go to the Personal Needs Allowance (PNA) - raising PNA to \$59 for pay cat 86 and \$79 for pay cat 85.

The new Net Income Limit (NIL) will be \$1181. The new amount a CRCF can charge in 2012 will increase from \$1100 to \$1122.

Alexis Martin is the new OSS Program Manager.
Please remember to submit your TAD no later than
September 17, 2012. If you know that you will be late.

THINKING ABOUT IT.....

Thinking about... The Benefits of Getting Outdoors

Post Office Box 8206
Columbia, SC 29201-8206

803-898-2590
803-255-8209 fax
EMAIL : OSS@SCDHHS.GOV

Labor Day marks the unofficial end of summer. A Labor Day cookout is a great way to kick off the month of seasonal transitions. Hopefully you've squeezed in the final vacation, the kids are excited about going to school, and SC's weather is taking incremental steps in cooling down. SC offers many activities throughout the month to enjoy the cooler temperatures. Local football games, festivals and numerous events are held outdoors throughout the state. There are countless

offerings to encourage outdoor activity for you as well as your residents. Spending time outdoors can provide important physical and mental health benefits. So if you've been staying inside to avoid the summer heat, now is the time to reap the benefits of this beautiful time of year. This month's issue highlights the health benefits of enjoying the outdoors.

1. *Mood-Boosting* – There is nothing like fresh outdoor air. Fresh air coupled with sunlight can help you feel better if you are suffering from a bad mood or feeling stressed. Taking a step outside is a simple way to clear your head and improve your mood. The outdoors can also provide the necessary contact residents need with the world beyond the facility. Simply watching nature can be a cure for their boredom.
2. Encourage your residents to spend time outdoors with a safe and welcoming outdoor environment. Be sure to provide ample seating in outdoor areas with appealing natural elements like trees, flowers, and animal life.



2. *Vitamin D Generating* – The sun contributes significantly to the daily production of Vitamin D. However, most older adults do not get enough sun exposure. Vitamin D is essential for strong bones and may have protective effects against some cancers, depression, and heart disease. Getting 10-15 minutes of sun exposure a few times a week can be a natural way of increasing Vitamin D production.

3. *Naturally Therapeutic* – Spending time outside can be helpful to the healing process. Research is beginning to confirm that older adults who spend time outdoors may obtain health benefits such as less pain, decreased verbal agitation, and better recovery from disability. Research has also shown that patients who were able to view trees and other plants from their hospital window required less pain medication than those who were not. If visually experiencing a natural setting from the inside can improve health, imagine the benefits of fully experiencing the outdoors!



4. *Sleep-Enhancing* – Being outdoors for part of the day helps reset the body's natural clock. The body's natural clock is responsible for our sleeping patterns. Exposure to natural daylight can help maintain a normal rhythm, shutting off the hormones that make us drowsy. So we're more likely to feel tired at bedtime when it's dark outside. Going outside for 15 minutes at the same time each day, preferably in the morning, gives the body a clear signal that it is no longer night.



Here's to enjoying the outdoors and its many benefits in September! I hope you find this information helpful because I've really been ***Thinking About It***.

Your Happy Healthy Thinker

Thinking About It is brought to you by:

Office for the Study of Aging

Arnold School of Public Health

University of South Carolina

